

48 HOURS AFTER SURGERY

Remember, **rest as much as possible and limit physical exertion for 2-3 days after surgery.** Strenuous exercise should be avoided for 5-7 days. Smoking delays healing and increases the risk of complications. It is advisable to avoid smoking for several days following oral surgery.

After the first 48 hours, you may apply moist heat to the outside of the face to help relax stiff muscles and reduce swelling.

SINUS INSTRUCTIONS

In some instances, sinus congestion or stuffiness may develop following oral surgery. In order to prevent the development of communication between the sinus and the mouth, please follow these instructions:

1. Use a mild decongestant or antihistamine if considerable congestion or post-nasal drip occurs.
2. **DO NOT** blow your nose for 2 weeks following surgery
3. **DO NOT** stifle a sneeze. If you must sneeze, do so through your mouth and NOT your nose in order to minimize air pressure in the sinuses.
4. Take prescribed medications as directed.
5. Call the office with any questions regarding the above.
6. Possible bloody nose for 24 hours

QUESTIONS?

Please do not hesitate to contact our office to speak with one of our assistants or your surgeon directly. There is a surgeon on-call 24 hours a day, seven days a week.

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SANTA MONICA CENTER
for Oral Surgery & Dental Implants

POST- OPERATIVE CARE GUIDE

YOUR POST-OP APPOINTMENT

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COMMON POST-OPERATIVE CONDITIONS

- Difficulty opening the mouth due to muscle tightness and swelling.
- Discoloration or bruising of the skin.
- Numbness around the corners of the mouth, lip, or chin.
- Sore throat with difficulty swallowing.
- Slight earache or aching in other teeth.
- Dryness or chapping of the corners of the mouth, which may be treated with lip balms such as Vaseline or Neosporin ointment.
- A slight temperature elevation (up to 1.5 degrees above normal) for a few days.
- Nausea may be related to pain medication or swallowing blood. Discontinuing the prescription medication or reducing the amount taken to ½ or ¼ tablet may help.
- Small fragments of bone may occasionally loosen and become exposed through the gum. These usually work out on their own, but if concerned, return to the office for evaluation.

FIRST 24 HOURS AFTER SURGERY

FOLLOWING GENERAL ANESTHESIA, DO NOT DRIVE FOR 24 HOURS.

The degree of postoperative discomfort will vary from person to person, with the complexity of the procedure and with the passage of time.

Your surgeon has prescribed an appropriate medication which should be taken as directed. You may also use Ibuprofen or Tylenol instead of the prescription.

If you are still experiencing discomfort while taking the narcotic medication, you may safely take it with Ibuprofen or Aleve ONLY.

WARNING- Do not drive, operate machinery, or consume alcoholic beverages after taking prescription narcotic medication.

Swelling after surgery is expected and usually increases slowly, peaking at its maximum about 48 hours after surgery. To minimize the swelling and relieve discomfort, apply an ice pack to the face, over the area of surgery for 20 minutes on, 20 minutes off.

It is not unusual to have minor, persistent, or intermittent bleeding for up to 24 hours following tooth extractions. Bite firmly on the gauze placed directly over the extraction site for 30-40 minutes then remove the gauze when saturated. Repeat until the bleeding stops.

Be sure to **REMOVE GAUZE WHEN EATING, SLEEPING OR DRINKING.**

A caffeinated tea bag moistened in cold water may be used in the same manner as gauze should the bleeding continue. Avoid rinsing your mouth on the day of surgery as this may stimulate bleeding. When reclining, elevate the head with 2-3 pillows (rather than lying flat) will help minimize bleeding.

Do NOT rinse your mouth or brush your teeth after surgery. The following morning, you may begin brushing and flossing teeth, avoiding the surgical site(s). Also, rinse your mouth with warm salt water (1 tsp of salt in 8oz glass of water) 3-4 times a day for one week.

You may drink non-alcoholic beverages immediately after surgery. However, chewing food should be delayed until numbness wears off. A soft diet is recommended for at least the first 24-48 hours. Foods should be cold, room temperature, or lukewarm. You may progress to a normal diet when you feel comfortable chewing.

Foods to AVOID:

- Spicy foods
- Crunchy foods
- Food HOT in temperature
- Popcorn
- Pretzels
- Alcoholic Beverages
- Seeds

Suggested Soft Foods:

Gatorade/Powerade, Jell-O, Applesauce, High Protein Milkshakes
Fruit Smoothies, Ice Cream, Yogurt, Oatmeal, Cottage Cheese, Juices, Eggs (soft scrambled), Bananas, Mashed Potatoes, Pudding, Soup (lukewarm), Tofu, Pureed Vegetables

NO SPITTING OR STRAW USE for the first 24 hours after surgery.